

# Early Garden Pea Soup

**Makes:** 6 Servings

Canned green peas can be served in salads, or heated in soups and main dishes.

Low-sodium canned peas are used to make this Early Garden Pea Soup.

## Ingredients

**3/4 cup** onion (sliced)  
**1 clove** garlic (chopped)  
**1 tablespoon** margarine  
**2 cans** low-sodium peas (about 15 ounces each)  
**1 cup** low-fat milk  
**1/2 cup** reduced fat, low-sodium chicken broth  
**1 teaspoon** dried parsley (if you like)  
A dash of pepper

## Directions

1. In large saucepan, cook onion and garlic in margarine until soft.
2. Place in blender with 1 can of peas and milk. Cover and blend until smooth.
3. Pour into saucepan; place remaining can of peas and remaining ingredients in blender; cover and blend until smooth.
4. Add to saucepan; simmer 15 minutes. Do not boil. May be served hot or cold.

## Nutrition Information

| Key Nutrients         | Amount     | % Daily Value |
|-----------------------|------------|---------------|
| <b>Total Calories</b> | <b>150</b> |               |
| Total Fat             | 3 g        |               |
| Protein               | 9 g        |               |
| Carbohydrates         | 24 g       |               |
| Dietary Fiber         | 6 g        |               |
| Saturated Fat         | 0.5 g      |               |
| Sodium                | 273 mg     |               |